

# Basingstoke Bluefins Swimming Club



## Squad timetable – effective September 2005

### Aquadrome – 25m pool

Time	Mon
5.15	Fundamentals
6.00	Swimskills
6.45	T2T & T2C
7.30	Swimfit 1
8.15	Swimfit 2
9.00	Masters

Time	Tue	Wed	Thu	Fri
5.15	T2T & T2C	T2T & T2C	T2T & T2C	Junior Polo
6.15	T2T & T2C	T2T & T2C	T2T & T2C	Swimskills
7.15	Swimfit 2	Swimskills	Fundamentals	Swimfit 1
8.15	Water Polo	Masters	Water Polo	Masters

Time	Sat
8.00	Fundamentals
9.00	T2T & T2C

Time	Sun
5.30	T2T & T2C
6.30	T2T & T2C
7.30	Masters
8.30	Water Polo

### Town Centre (Ex Aqua 5 only)

Time	Thursday
8.00	Swimfit 1/2

### Aquadrome – 20m pool

Time	Sunday
6.00	Swimfit 3

### Tadley

Time	Friday
6.30	Lessons
7.00	Fundamentals
	Swimskills
	Swimfit 1
	Swimfit 2

T2T : Training to Train  
T2C : Training to Compete